



Solstice Options Cosgrave Copper Property Portfolio Continues to Create Value

VANCOUVER, British Columbia, March 29, 2022 - Solstice Gold Corp. (TSXV: SGC) ("**Solstice**", "we", "our" or the "**Company**") is pleased to announce that it has entered into an option agreement with an arm's length third party (the "**Optionee**") that provides the Optionee with the option (the "**Option**") to earn a 100% interest in the Cosgrave Copper Property (the "**Property**") which is comprised of 124 mining claims located in the Thunder Bay mining district of Ontario.

Mike Timmins, Solstice's Chief Executive Officer stated, "This agreement is another excellent example of how we can generate value from our recently acquired portfolio by partnering with both public and private companies to advance our strategy of creating an attractive suite of distinct and permanent royalties. It also provides exposure, at no cost to our shareholders, to potential discoveries covering commodities like copper and lithium. Harvesting from non-core property holdings provides funding for our business and allows us to focus more resources on our core district-scale exploration projects in Red Lake, Atikokan and Nunavut."

In order to exercise the Option in full, the Optionee, a private company, is required to make cash payments totaling \$106,000 to Solstice over a three-year period and to issue 200,000 common shares in its capital to Solstice upon listing of the Optionee's common shares on a public stock exchange. Upon the exercise of the Option by the Optionee to acquire a 100% interest in the Property, Solstice will be granted a 1.5% net smelter returns royalty. The Optionee has the right to repurchase 0.5% of the royalty at any time after the exercise of the Option and prior to the commencement of commercial production at the Property for \$500,000.

Solstice controls an extensive portfolio of gold, copper and lithium/REE projects in Ontario which are available for 100% sale or option. See our corporate materials available at www.solsticegold.com for further details.

About Solstice Gold Corp.

Solstice is a gold-focused exploration company with quality, district-scale projects in established mining regions of Canada. Our 180 km² Red Lake land position is located on the northern extensions of the prolific Red Lake Gold Camp in Ontario. RLX is approximately 45km from the Red Lake Mine Complex owned by Evolution Mining. The Company is funded for phase one drilling in Red Lake. Our newly formed 248km² Atikokan Gold Project is approximately 23km from the Hammond Reef Gold Project owned by Agnico Eagle Mines Limited and is fully funded for a robust field program in 2022. Our district scale Qaiqtuq Gold Project covers 886 km² with certain other rights covering an adjacent 683 km², hosts a 10 km² gold boulder field and is fully permitted with multiple drill-ready targets. Qaiqtuq is located in Nunavut, Canada, only 26 km from Rankin Inlet and approximately 7 km from the Meliadine gold deposits owned by Agnico Eagle Mines Limited. In October 2021, the Company acquired a royalty and property portfolio of over 80 assets located in Ontario and Quebec.

Solstice is committed to responsible exploration and development in the communities in which we work.

Neither TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.

On Behalf of Solstice Gold Corp.

Mike Timmins, Chief Executive Officer

For further information on Solstice Gold Corp., please visit our website at www.solsticegold.com or contact:

Phone: (604) 283-7234

info@solsticegold.com

Forward-Looking Statements and Additional Cautionary Language

This news release contains certain forward-looking statements (“FLS”) including, but not limited to the Company generating value from its recently acquired portfolio, advancing its strategy relating to its portfolio of royalties, payments by the Optionee under the option agreement, the potential exercise of the option under the Option Agreement, the potential issuance of common shares of the Optionee to Solstice, the granting of a 1.5% net smelter return royalty and the Optionee’s right of repurchase of a portion of the royalty after the exercise of the Option. FLS can often be identified by forward-looking words such as “approximate or (~)”, “emerging”, “goal”, “plan”, “intent”, “estimate”, “expects”, “potential”, “scheduled”, “may” and “will” or similar words suggesting future outcomes or other expectations, beliefs, plans, objectives, assumptions, intentions or statements about future events or performance. The Company disclaims any intention or obligation to update or revise any forward-looking statements, whether as a result of new information, future events or otherwise, save and except as may be required by applicable securities laws.

Since forward-looking information address future events and conditions, by their very nature involve inherent risks and uncertainties. Actual results could differ materially from those currently anticipated due to a number of factors and risks. These include, but are not limited to, that there is no guarantee that continued exploration at Solstice exploration projects, all of which are at an early stage of exploration, will lead to the discovery of an economic gold deposit, there may not be market for the Company’s non-core properties in its property portfolio or not a market on financial terms satisfactory to the Company, the Optionee may not exercise the option under the option agreement, commercial production at the Property may delayed or may never occur, the Optionee may never list on a public exchange and accordingly its common shares may not be issued to Solstice, the future impacts of the COVID 19 pandemic and government response to such pandemic, the ability of the Company to continue exploration at its projects during the pandemic and the risk of future lack of access to the projects as a result thereof, delays in obtaining or failures to obtain required governmental, environmental or other project approvals, inability to locate source rocks, inflation, changes in exchange rates, fluctuations in commodity prices, delays in the development of projects, regulatory approvals and other factors. FLS are subject to risks, uncertainties and other factors that could cause actual results to differ materially from expected results. The Company cautions that the foregoing list of factors that may affect future results is not exhaustive. When relying on our forward-looking statements to make decisions with respect to the Company, investors and others should carefully consider the foregoing factors and other uncertainties and potential events.

All forward-looking statements are based on the Company’s current beliefs as well as various assumptions made by Company management and information currently available to them. There can be no assurance that such statements will prove to be accurate, and actual results and future events could differ materially from those anticipated in such statements. Forward looking statements reflect the beliefs, opinions and projections on the date the statements are made and are based upon a number of assumptions and estimates that, while considered reasonable, are inherently subject to significant business, economic, competitive, political and social uncertainties and contingencies.